



41	INTO CHICHS	A FRANCE A TO				
	Monday	Tuesday	Wednesday	Thursday	Friday	NYS LOCAL FOODS
						*Upstate Farms
		1	2	3	4	Milk, Yogurt, Sour Cream
		NACHO GRANDE	AMBURGER OR CHEESE-	CHEESE PIZZA	4 GRILLED CHEESE	Eden Valley Growers
		W/TOSTITOS, CH & SALSA	BURGER ON A BUN		SANDWICH	Assorted Varieties of Apples Eden Valley Growers
		Baked Beans 3/4c	Steamed Carrots 3/4c	NYS Potatoes 3/4c	Steamed Broccoli 3/4c	Assorted Fruits & Vegetables
		Fresh or Prepared Fruit 1/2c	Fresh or Prepared Fruit 1/2c	Fresh or Prepared Fruit 1/2c	Fresh or Prepared Fruit 1/2c	used in Meal Program
		Milk-8oz	Milk-8oz	Milk-8oz	Milk-8oz	highlighted in green
	7	8	9	10	11	The Following Entrees
	CHICKEN TENDERS W/DIPPING SAUCE	8" TACO W/MEAT CH AND SALSA	DICED CHICKEN & GRAVY	CHEESE PIZZA	MOZZARELLA STICKS W/DIPPING SAUCE	Served Daily:
	Parm Roasted Cauliflower 3/4c	Vegetarian Beans 3/4c	Green Peas 3/4c	NYS Salad Greens 3/4c	Carrot Sticks 3/4c	Serveu Dally.
	Fresh or Prepared Fruit 1/2c	Fresh or Prepared Fruit 1/2c	Fresh or Prepared Fruit 1/2c	Fresh or Prepared Fruit 1/2c	Fresh or Prepared Fruit 1/2c	6" Subs and Wraps (2M2G)
	Milk-8oz	Milk-8oz	Milk-8oz	Milk-8oz	Milk-8oz	o Subs and wraps (ZMZG)
						Salads Made to Order
	14	15	16	17	18	(Includes Flatbread) 2M2G
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-	10 . M. m.	Snv	ing Brea		Providence of	Peanut Butter & Jelly
•						Sandwich (2M2G)
1			0			
4	21	22	23	24	25	Fruit & Yogurt Parfait
	21	RECESS	RECESS	RECESS	RECESS	w/Flatbread(2M2G)
-						Offered daily
						with all School Lunches:
:						Fresh or Prepared Fruit
						(Must take ½ cup of Fruit or Vegetable –
	28	29	30 National Tie-dye Day 🙀			may take up to 1 cup)
	POPCORN CHICKEN		Chicken Patty			NY State 8oz 1% or Skim White Milk
╞	W/DIPPING SAUCE Celery Sticks 3/4c	W/CHEESE & SALSA Vegetarian Beans 3/4c	Whole-Grain Bun Asian Roasted Carrots 3/4c	2		Fat Free Chocolate Milk
	Fresh or Prepared Fruit 1/2c	Fresh or Prepared Fruit 1/2c	Fresh or Prepared Fruit 1/2c			
	Milk-8oz	Milk-8oz	Milk-8oz			
		DR MEALS ONLINE		<u> </u>	to 00	-
MY SCHOOL BUCKSPAY FOR MEALS ONLINE (MySchoolBucks.comIf your Student has a particular food allergy, please contact the food serviceStudent \$2.30 Adult \$5.99						
office @ (716)286-7288						
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Approved by PTFS Dietitian: Perry Schmidt, MS, RD, CDN